

**ABSTRACT**

Methods of treating an autoimmune condition, a viral infection, or a condition of cellular proliferation by administering IFN $\tau$  are described. More specifically, a method of up-regulating the IL-10 level in patients afflicted with an autoimmune condition, a viral infection, or a condition of cellular proliferation by administering IFN $\tau$  is described. IFN $\tau$  is administered at a dose sufficient to achieve an up-regulation of IL-10 in the blood, relative to the IL-10 level in the absence of IFN $\tau$ .